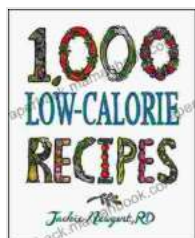


000 Low Calorie Recipes: 000 Recipes by Jackie Newgent

Are you looking for low calorie recipes that are actually delicious? Look no further! This collection of 000 low calorie recipes from Jackie Newgent, a registered dietitian and author, has something for everyone. With recipes for breakfast, lunch, dinner, and snacks, you'll never have to sacrifice flavor for calories again.

What's Inside

This cookbook is packed with 000 low calorie recipes that are all under 500 calories. Each recipe is full of flavor and will satisfy your cravings without breaking the bank. You'll find recipes for:



1,000 Low-Calorie Recipes (1,000 Recipes Book 21)

by Jackie Newgent

★★★★☆ 4.2 out of 5

Language : English
File size : 3193 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 645 pages
Lending : Enabled



- Breakfast: Start your day off right with a healthy and delicious breakfast. Choose from recipes like oatmeal with berries and nuts,

yogurt parfaits, and egg white omelets.

- Lunch: Pack a healthy lunch for work or school with recipes like salads, sandwiches, and wraps. You'll also find recipes for soups and stews that are perfect for a cold day.
- Dinner: Enjoy a delicious and satisfying dinner without guilt. Choose from recipes like grilled chicken with roasted vegetables, salmon with quinoa, and lentil soup.
- Snacks: Satisfy your cravings between meals with healthy and delicious snacks. Choose from recipes like fruit smoothies, vegetable sticks with hummus, and popcorn.

About the Author

Jackie Newgent is a registered dietitian and author of several cookbooks, including *The All-Natural Diabetes Cookbook* and *The Clean Eating Cookbook*. She is also a regular contributor to *The Huffington Post* and *Prevention* magazine. Jackie is passionate about helping people achieve their health and weight loss goals through healthy eating.

Order Your Copy Today

000 Low Calorie Recipes: 000 Recipes by Jackie Newgent is available now at all major bookstores. Order your copy today and start enjoying delicious and healthy low calorie meals!

Sample Recipes

Here are a few sample recipes from the cookbook:

Breakfast

****Oatmeal with Berries and Nuts****

Ingredients:

* 1 cup old-fashioned oats * 2 cups water or milk * 1/2 cup berries (fresh or frozen) * 1/4 cup nuts (chopped) * 1 tablespoon honey or maple syrup (optional)

Instructions:

1. Combine the oats and water or milk in a medium saucepan. Bring to a boil over medium heat. 2. Reduce heat to low and simmer for 5 minutes, or until the oats are cooked through. 3. Stir in the berries, nuts, and honey or maple syrup (if using). Serve immediately.

****Yogurt Parfaits****

Ingredients:

* 1 cup yogurt (plain or flavored) * 1/2 cup fruit (fresh or frozen) * 1/4 cup granola

Instructions:

1. Layer the yogurt, fruit, and granola in a parfait glass or jar. 2. Repeat layers until the glass is full. 3. Serve immediately.

Lunch

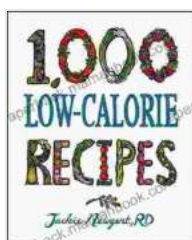
****Salad with Grilled Chicken****

Ingredients:

- * 1 cup mixed greens
- * 1/2 cup grilled chicken (cubed)
- * 1/4 cup chopped vegetables (such as tomatoes, cucumbers, and onions)
- * 1/4 cup croutons
- * 2 tablespoons low-fat dressing

Instructions:

1. Combine the greens, chicken, vegetables, and croutons in a large bowl.
- 2.



1,000 Low-Calorie Recipes (1,000 Recipes Book 21)

by Jackie Newgent

★★★★☆ 4.2 out of 5

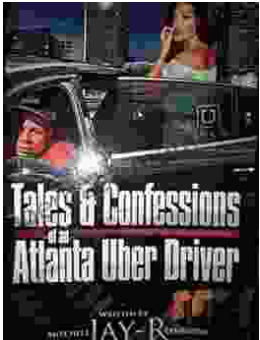
Language : English
File size : 3193 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 645 pages
Lending : Enabled





Play We Now On Christmas Violin Christmas: A Heartfelt Christmas Carol

Play We Now On Christmas Violin Christmas is a heartwarming Christmas carol that celebrates the birth of Jesus Christ. The song is often played on the...



Tales from the Road: Confessions of an Atlanta Uber Driver

In the vibrant city of Atlanta, where skyscrapers pierce the sky and traffic weaves a tapestry of motion, I embark on my daily adventures as an...